

# Your Disposable Filtering Facepiece Respirator

Your North respirator is designed to minimize the breathing of airborne contaminants. But it must be worn correctly to protect you. Before you use your North respirator, you should become familiar with it in uncontaminated air, learn how to inspect and put it on, and what to do during an emergency. This information is covered as part of a complete Respirator Training Program. If you have any questions on this North respirator or how to use it, see your supervisor.

Your North respirator must be:

- Properly fitted to your face during a routine (usually annual) fit test
- Kept clean and in good working condition
- Worn correctly every time



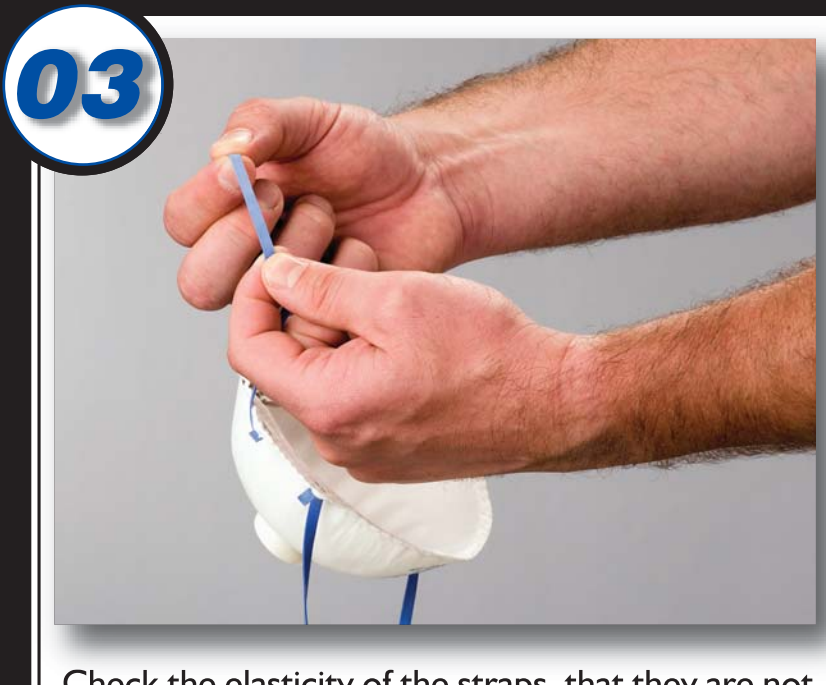
This poster demonstrates how to inspect and put on your North respirator.



Check the respirator to make sure it is in good condition.



Make sure there are no holes or tears in the facepiece.



Check the elasticity of the straps; that they are not stretched.



Hold the respirator in your hand with the metal strip at the bottom.



Place the respirator fully over your face with the metal strip at the bottom.



Pull the top strap over your head and position it behind your head.



Pull the bottom strap over your head and position it behind your head.



If you have a respirator with adjustable straps, tighten them.



Using both hands, mold the metal strip to the shape of your face.



Negative Pressure Seal Check: Place the palm of your hands over the front of the respirator and inhale.



[www.northsafety.com](http://www.northsafety.com)

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